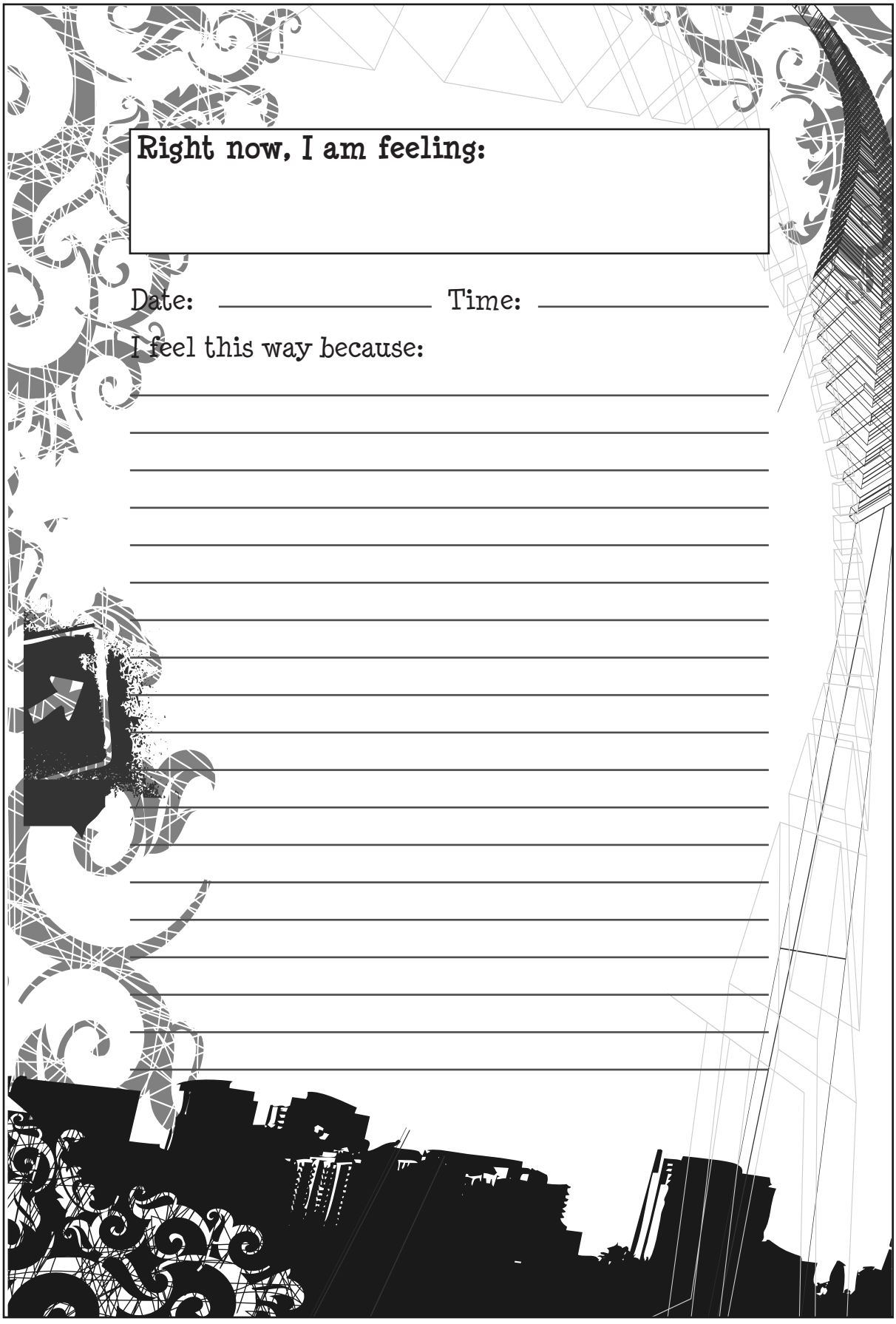
Feelings Journal Page

Right now, I am feeling:

Date: _____ Time: _____

I feel this way because:



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